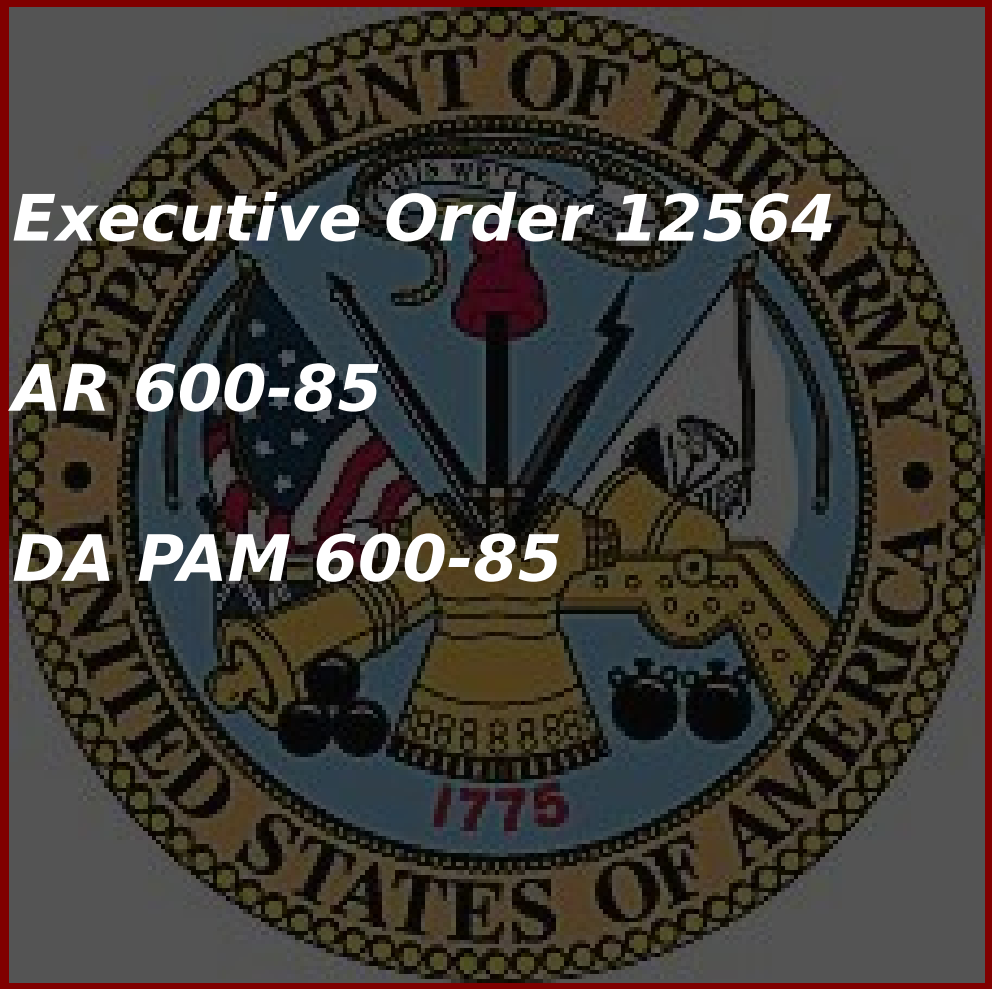
Army Substance Abuse Program

Alcohol ism & Abuse: Frequently Asked Questions

Training Objectives

- ***Introduction***
- ***Review Army Regulations & Policy***
- ***Frequent Questions Regarding Alcoholism & Abuse***
- ***The Army Substance Abuse Program (ASAP)***
- ***Summary***

Department of the Army Regulations



Executive Order 12564

AR 600-85

DA PAM 600-85

Army Values and Standards

Abuse of alcohol or the use of illicit drugs by both military and civilian personnel is inconsistent with

- ***Army values***
- ***Standards of performance***
- ***Discipline and***
- ***Readiness necessary to accomplish* the army's mission**

REGULATORY AUTHORITY

"Alcohol and other drug abuse are *incompatible* with military service."

--AR 600-85

Department of the Army ASAP Policy

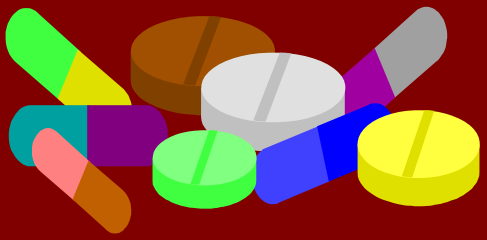
- DA civilian employees must refrain from:
  - Alcohol abuse
  - Using drugs illegally

On or off duty

ALCOHOL USE POLICY

ZERO TOLERANCE

Minimum age for purchasing, drinking or possessing alcoholic beverages in CONUS is 18



Limited Use Policy Objectives

- ***Encourage identification of alcohol and other drug abusers through self-referral.***

- ***To facilitate the treatment and rehabilitation of those abusers who demonstrate the potential for rehabilitation and retention.***

Alcohol:
Military most abused legal drug

Statistics

Alcohol :

- ***Involved in 41% of all car fatality***
- ***68% of children in alcohol-related car crashes died because the driver had been drinking.***
- ***Impaired drivers : 21 thru 34 years***
-

FREQUENTLY ASKED QUESTIONS ABOUT ALCOHOLISM & ALCOHOL ABUSE

- ***The following material was taken from U.S. Department of Health & Human Services (NIH) National Institute on Alcohol Abuse and Alcoholism Publication No. 01-4735, September 2001***

What is Alcoholism?

- *Alcoholism is a disease that includes the following four symptoms:*
  - *Craving – A strong need, or urge to drink.*
  - *Loss of Control – Unable to stop drinking once begun.*
  - *Physical dependence – Withdrawal symptoms.*
  - *Tolerance – The need to drink greater amounts to get “high.”*

WITHDRAWAL SYMPTOMS
(SEEK HELP IMMEDIATELY)

- ***NAUSEA***
- ***SWEATING***
- ***SHAKINESS***
- ***ANXIETY AFTER STOPPING DRINKING***

Is Alcoholism A Disease?

- *Yes. Craving can be as strong as the need for food or water.*
- *An alcoholic will continue to drink despite family, health or legal problems.*
- *Alcoholism is chronic: lasts a lifetime; follows predictable course; has symptoms.*
- *Risk influenced by person's genes and lifestyle*.

Can Alcoholism Be Cured?

- NO. Even if an alcoholic hasn't been drinking for a long time, he or she can still suffer a relapse.

- To avoid relapse, an alcoholic must continue to avoid all alcoholic beverages.

Can Alcoholism Be Treated?

- *YES!*
- *Alcoholism Treatment Programs use both counseling and medications.*
- *Most alcoholics need help to recover from their disease.*
- *With support and treatment, many people are able to stop drinking and rebuild their lives.*

Which Medications Treat Alcoholism?

- Valium, Librium are sometimes used during the withdrawal period only because they are highly addictive.
- Naltrexone: when combined with counseling can reduce the craving for alcohol.
- Disulfiram (Antabuse) discourages drinking by making person feel sick if they drink alcohol.

Does Alcoholism Treatment Work?

- Treatment works for many people. Some stop drinking & remain sober.
- Others have long periods of sobriety with bouts of relapse.
- Others cannot stop for any length of time.
- With treatment & support: the longer one abstains from alcohol, the more likely they will remain sober.

What is Alcohol Abuse?

- A person may drink too much and too often but not be dependent on alcohol. Common consequences:
  - Unable to meet work, school, family responsibilities.
  - Drunk driving arrests & car crashes.
  - Drinking-related medical conditions.

Are Specific Groups of People More Likely To Have Problems?

- More men than women are alcohol dependent or have problems.
- Alcohol problems highest between ages 18-29.
- Those who drink at age 15 or younger increase chance of developing problems.
- 14 million people in the US, 1 in every 13 adults, either abuse alcohol or are alcoholic.

How Can You Tell If I or Loved One Has a Problem?

- *Have you ever felt you should cut down on your drinking?*
- *Have people annoyed you by criticizing your drinking?*
- *Have you ever felt bad or guilty about your drinking?*
- *Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?*

BE AWARE:

- ***One “yes” answer to previous slide suggests a possible alcohol problem.***
- ***More than one “yes” means it is highly likely that a problem exists.***
- ***(Based on CAGE assessment tool)***

Can a Problem Drinker Simply Cut Down?

- If that person has been diagnosed as an alcoholic, the answer is no.
- People who are not alcohol dependent may be able to limit the amount they drink.
- If they are unable to stay within those limits, they need to seek help.

What is a Safe Level of Drinking? (For most adults, moderate drinking is):

- Up to two drinks per day for men (one drink = one 12 oz beer or wine cooler, one 5 oz glass of wine or 1.5 oz of 80 proof distilled spirits)

- One drink per day for women and older adults causes few if any problems.

Is It Safe to Drink During Pregnancy?

- ***No! Extremely dangerous due to harmful effects on the baby (Fetal Alcohol Syndrome.)***
- ***Child may be born mentally retarded or with learning & behavioral problems***

Does Alcohol Affect Older People Differently?

- Yes; effects do vary with age to include:
  - Slower reaction times.
  - Problems with hearing & seeing
  - Lower tolerance to alcohol effects place people at risk for falls, car crashes, burns.
  - Mixing with medications can be fatal.
  - Can make medical conditions more serious.
  - Small amounts can effect judgment.

Does Alcohol Affect Women Differently?

- Yes. Women generally become more impaired than men after drinking the same amount because:
  - Women's bodies have less water than men's so alcohol becomes more highly concentrated in their bodies.
  - Alcohol dependence & related medical problems including brain, heart & liver damage, progress more rapidly.

Is Alcohol Good For Your Heart?

- Some wine studies suggest: men having two or less drinks and women having one or less drinks per day are less likely to die from one form of heart disease.
- One can guard against heart disease by exercising regularly & eating food low in fat.
- Heavy drinking can increase risk of heart failure, stroke, high BP and other medical problems such as liver cirrhosis.

When Taking Medicines, Must You Stop Drinking?

- *Effects are heightened by sleeping pills, antihistamines, antidepressants, anti-anxiety drugs & some pain killers.*

- *Medications for diabetes, High BP and heart disease can have harmful interactions with alcohol.*

- *Possibly. More than 150 medicines interact harmfully with alcohol resulting in increased risk of illness, injury and death*.

Army Substance Abuse Program (ASAP) Mission Statement

The ASAP's mission is to:

- ***Strengthen the overall fitness and effectiveness of the army's total workforce.***

and

- ***Enhance the combat readiness of its soldiers***.

ASAP's Mission

Provide services:

- ***Adequate and responsive to the needs of the total workforce***
- ***Emphasize alcohol and other drug abuse deterrence, prevention, education, and treatment***

ASAP's Eligibility Criteria

Personnel who are:

- ***Eligible to receive military medical services.***
- ***Eligible for medical services under the federal civilian employees occupational health services program.***
- ***U.S. Citizen DOD civilian employees, to include both appropriated and non appropriated fund employees.***
- ***Retired military personnel/family members of eligible personnel.***

Army Substance Abuse Clinic

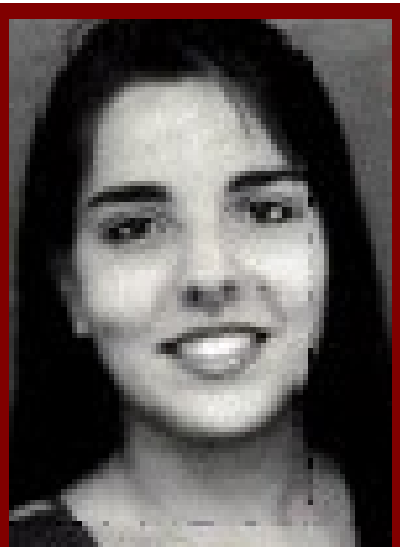
- ***Treatment Options:***
  - ***No referral***
  - ***ADAPT – Alcohol Drug Abuse Prevention Training (2 days)***
  - ***Outpatient Services: 30 days minimum, 360 days maximu***
  - ***Inpatient treatment - 6 ek ATF, 360 days follow-up***
  - ***Referral to another ag***

THINK ABOUT IT…

SOMETIMES YOU

DON'T DIE!!

Not everyone who gets hit by a drunk driver dies.
Jacqueline Saburido was 20 years old when the car she was riding in was hit by a drunk driver. Today, at 23, she is still working to put her life back together.
Learn more at www.TexasDWI.org
DON'T DRINK & DRIVE
Save a Life
Texas Department of Public Safety • Texas Alcoholic Beverage Commission • Texans Standing Tall • Partnership for a Drug-Free Texas • Texas Commission on Alcohol and Drug Abuse



Chasing Hope

Jacqui was pinned in the front seat on the passenger side when fire broke out. She was burned over 60% of her body.

Her hands were so badly burned that she no longer can use them.

She lost her hair, her ears, her nose, her left eyelid and much of her vision.

HOWEVER…

SOMETIMES YOU DO!!

SILENT NIGHT

On June 29, 1991, I was in an accident involving a young man on a motorcycle. I feel very, very bad about the accident. I wish I could go back and change what happened....I have to go through my life knowing that I am responsible for taking that life.

Where Can I Get Help?

- Army Substance Abuse Program (ASAP)
- Alcoholics Anonymous
  - E-mail: www.alcoholics-anonymous.org
- Alanon
  - World wide web: http://www.aa.org/?Media=PlayFlash

Local Point of Contact

The Prevention Coordinator can be reached at the following location:

202 7th Avenue, Bldg. 38702, 706 791-5797
Or
Email at: michael.a.reed177.civ@mail.mil

Alcohol & Drug Control Officer (ADCO) is:
Keith Clum, 791-3437

QUESTIONS

1. Alcoholism is a disease that includes:

a. Craving
b. Loss of Control
c. Physical dependence
d. Tolerance
e. All the Above

Answer: e All The Above

The craving that an alcoholic feels for alcohol can be as strong as the need for food or water; and an alcoholic will continue to drink despite serious family, health or legal problems.

QUESTIONS

2. Tolerance for alcohol is defined as:

a. an attitude toward someone.
b. lack of control.
c. The need to drink more over time.

Answer: c

There is a need to drink greater amounts of alcohol to get "high" or "buzzed."

QUESTIONS

3. Alcoholism can be cured: True or False?

Answer: False.

Alcoholism cannot be cured at this time. Even if an alcoholic hasn't been drinking for a long time, he or she can still suffer a relapse. To guard against relapse, an alcoholic must continue to avoid all alcoholic beverages.

QUESTIONS

4. An alcoholic is the only one who experiences problems with their drinking? True or False

Answer: False

Alcohol abusers can also experience negative consequences such as DUIs, problems at work, school or family responsibilities

QUESTIONS

5. What is a safe level of drinking for men?

a. 5 drinks per day.
b. As much as you want.
c. 2 drinks a day.

Answer: No more than 2 drinks a day.

QUESTIONS

6. What is a safe level of drinking for women?

a. 4 drinks per day.
b. 2 drinks per day.
c. 1 drink per day.

Answer: c

No more than 1 drink per day.

QUESTIONS

7. Does Alcohol affect women differently?

a. Yes
b. No

Answer: a

Women become more impaired than men do after drinking the same amount of alcohol because women's bodies have less water than men's bodies. A given amount of alcohol becomes more highly concentrated in a woman's body.

QUESTIONS

8. Can both soldiers and civilians utilize the Army Substance Abuse Program?

a. Yes
b. No

Answer: a. Yes

Every Army community has an ASAP that offers free assistance. Call today for more information.